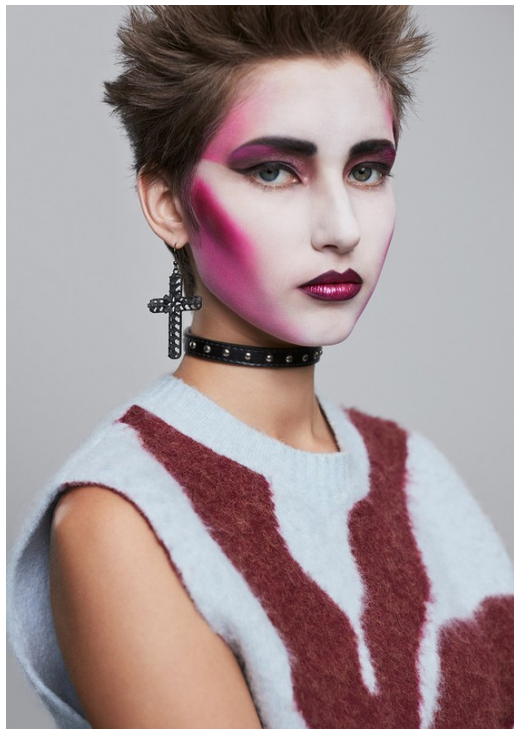


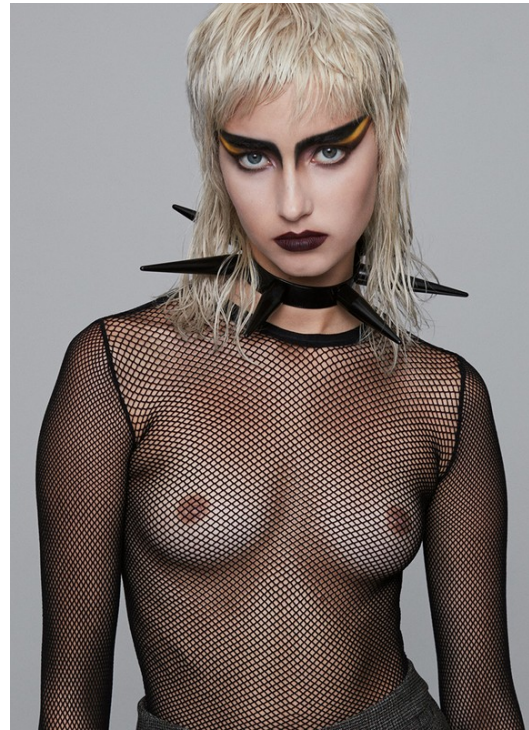
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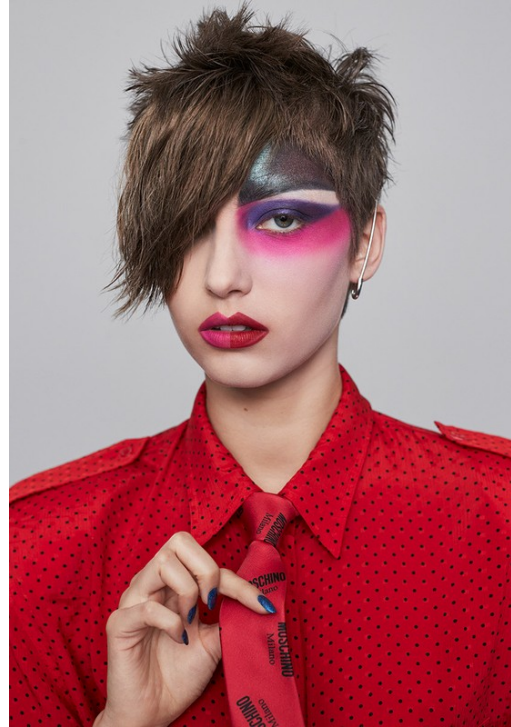
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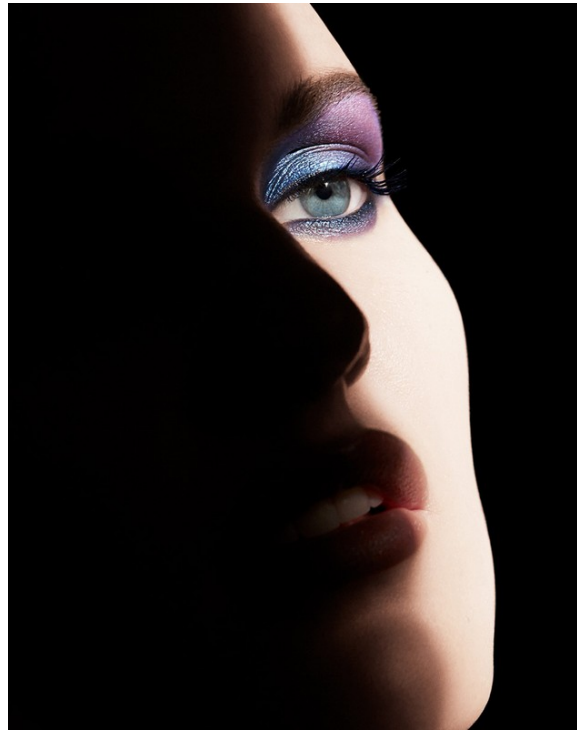
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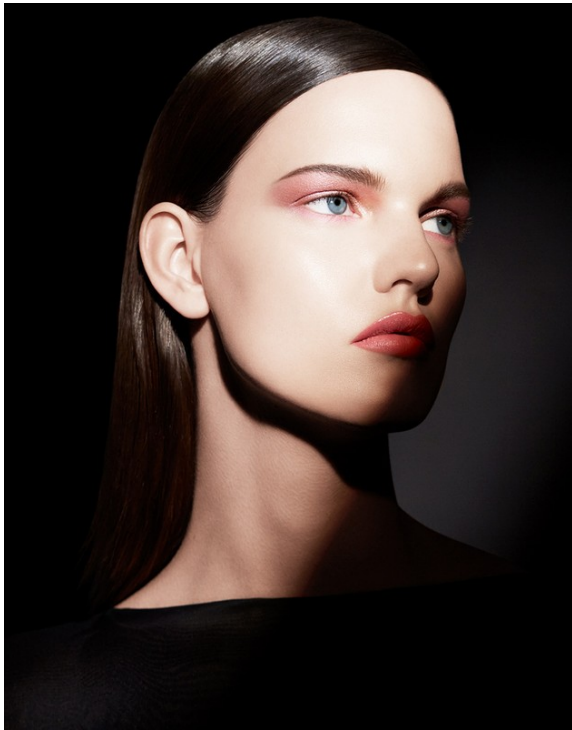
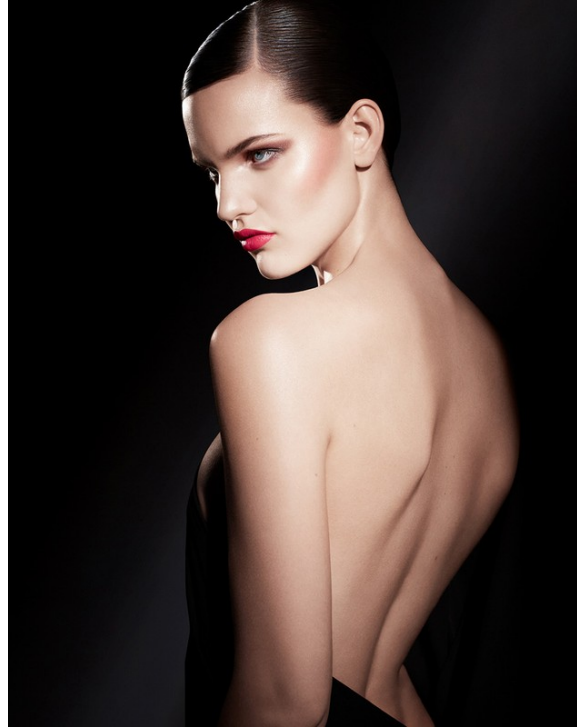
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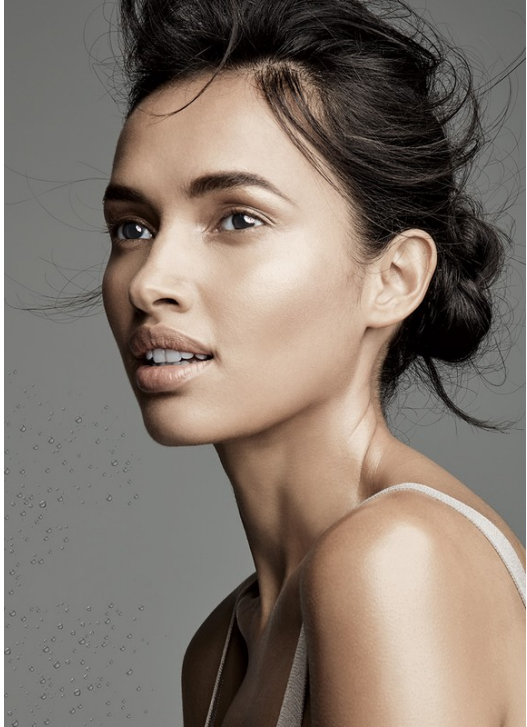
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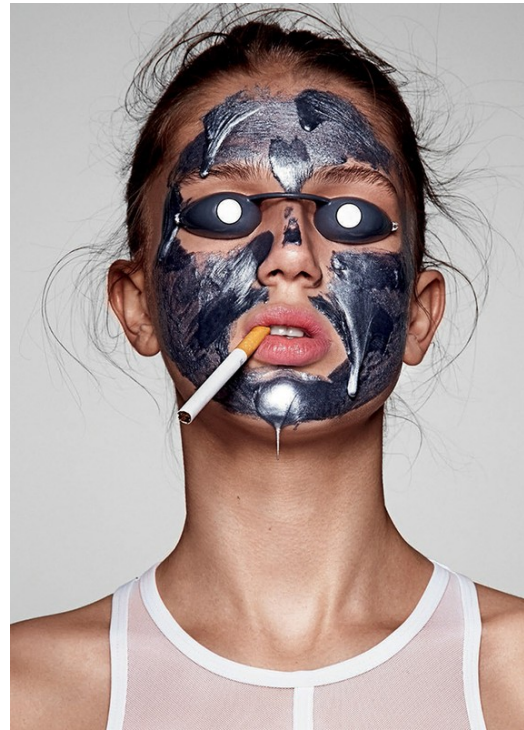
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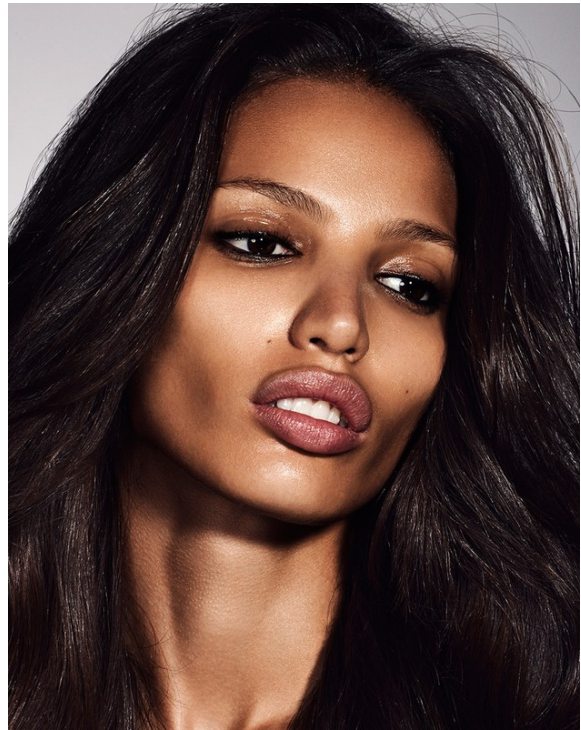
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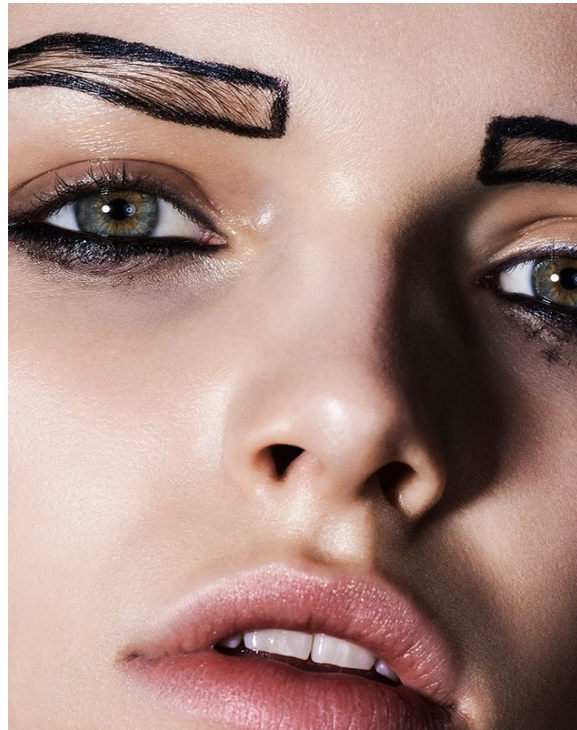
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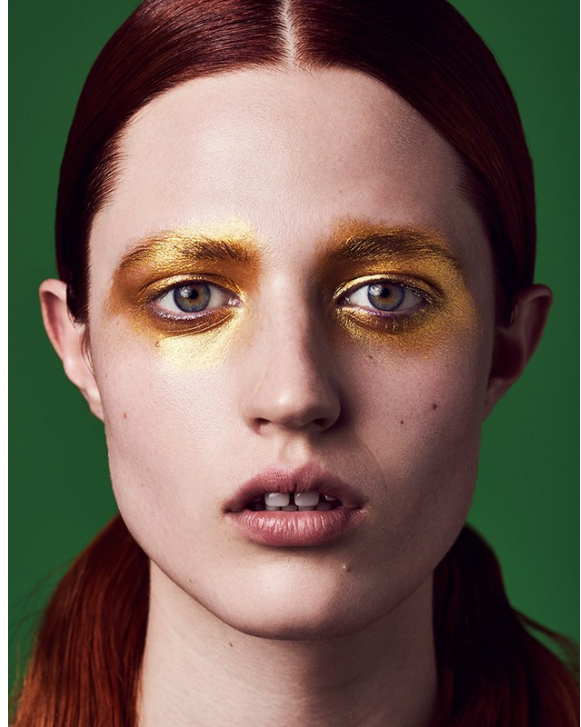
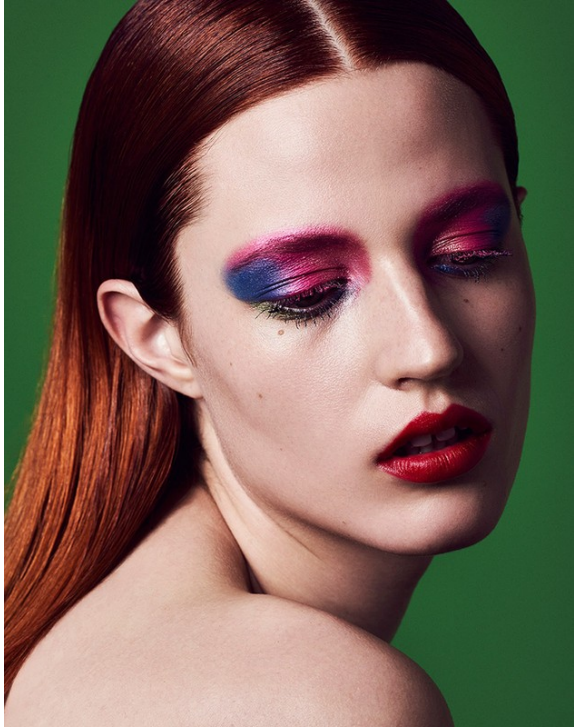
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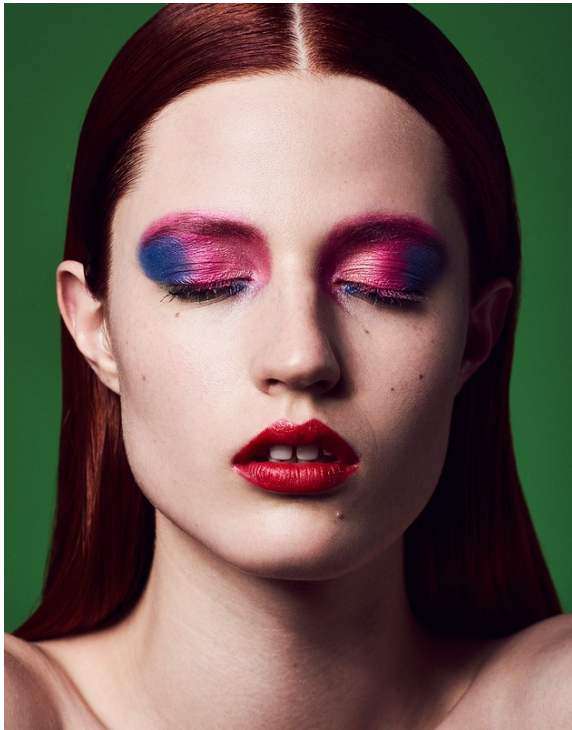
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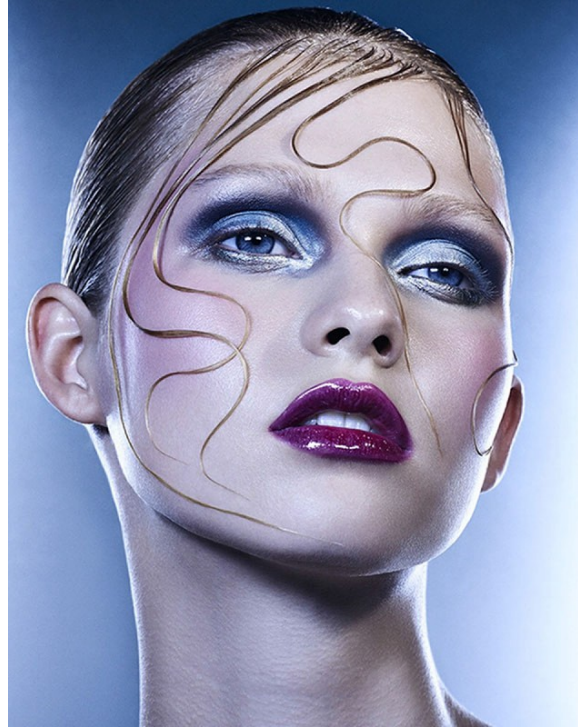
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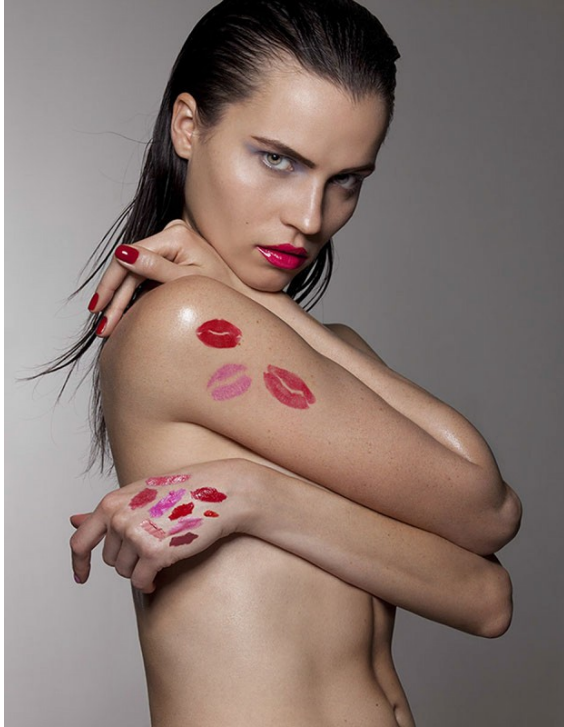
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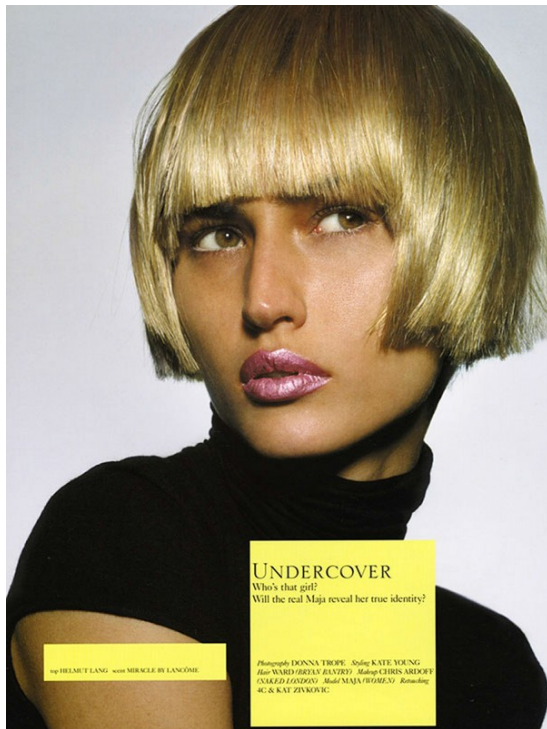
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彩妆篇 Makeup

美发篇 Hair

美体篇 Body

肌肤篇 Skincare

14 痘痘

B

皮肤长脂肪粒怎么办? 是因为保养品用得太多、营养过剩么? 如何去除?

怎样能快速去除痘痘、痘印呢?

脂肪粒
脂肪粒是一种俗称,医学上无此病,常说的脂肪粒包括两种:
一是白头粉刺,最为普遍,皮肤上会有小颗粒,外覆有小开口或无开口,由毛囊开口不通畅所致,部分可能与清洁不到位和角质过厚有关。
解决方法:可自行代谢,若持续时间较长,通常需要一个疗程以上,可去医院请医生清除。
二是粟丘疹,外观跟白头粉刺更相似,好发于眼部和面部,病因不明,有遗传倾向,部分和日晒有关,也有可能由于眼周的小伤口或化妆品,如护肤品、化妆品引起。
解决方法:可请专业皮肤科医生,掌握正确的清除方法后,也可以在家消毒后清除。
三是汗管瘤,它们是小而扁的粒状物,当中没有硬粒,呈淡黄色或褐色,多发于面部、颈部、前胸等部位,密集且互不融合,汗管瘤多属遗传引起,对健康没有影响但可能有碍容貌,和护肤品无关。
解决方法:如自行处理,必须到院咨询,由专业皮肤科医生制定针对性疗法,可采用冷冻、二氧化碳激光及电凝等处理。

防晒
紫外线后造成的暗红色印法就是大家通常所说的痘印,医学上叫做炎症后色素沉着,它是由于当时的痘痘比较严重或是长期的时候处理不当,比如使用一些刺激性较强的护肤品,可能会导致炎症的持续,通常需6-12个月,随着年龄增长,消退的速度会越来越慢,因此,在长痘痘的同时,正确的护理对于预防痘印的产生很重要。
对于已经出现的痘印,可通过注意防晒避免其颜色加深,同时外用一些含有高浓度维生素C的精华来淡化色素,如果产品中同时含有一些抗氧化剂,如维生素E会更好,因为痘印与普通的色素不同,需要细胞参与色素合成。
痘印也是痤疮后遗留的炎症性色素沉着,这种痘印一旦形成,基本上不能自行消退,外用一些高浓度维生素C的保养品,可促进皮肤的胶原蛋白合成,对于炎症性痘印有一定帮助,但见效慢,需要长期坚持使用,建议去医院采用脉冲光的治疗,一般1-3个疗程,一次3-4次一个疗程,由专业医生会根据你有一定的损伤,在治疗的同时配合一些含有高浓度维生素C的美白产品和防晒产品,可以预防治疗部位变黑。

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gilded tips
 Transform your mani into pieces of jewelry! Apply two coats of shiny black lacquer and let dry for three minutes. Then dab a small amount of gold glitter polish at your cuticle, and gently drag the brush up toward the edge of your nail in varied lengths (but stop before you reach the very top). Use nail glue to adhere tiny gold stones randomly on top of the glitter for added sparkle. Seal with top coat.
 Buy: Chanel Nail Color in Black Satin, \$25, chanel.com; Essie Nail Art Sparkles, \$6, essie.com; Art Club Nail Art Sparkles, \$6, sallybeauty.com



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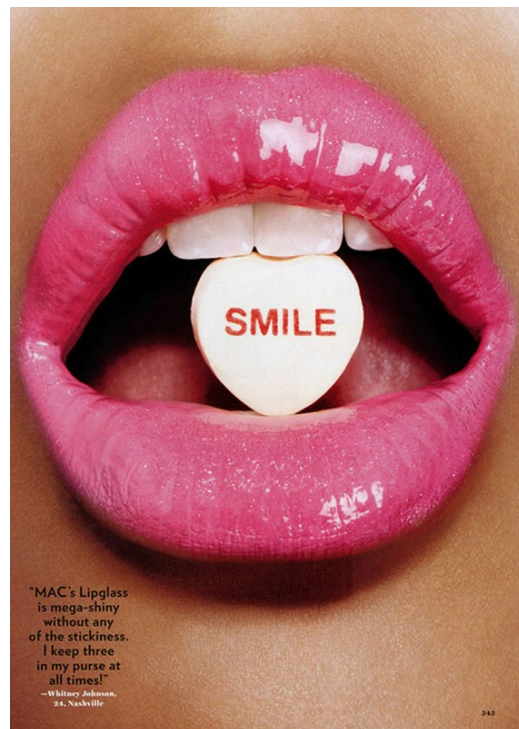


100% Ardoff
Hair by
Shawn
Lips by
Christine
Nails by
Christine
Dress by
Christine



"I've been using Great Lash ever since I could hold a mascara wand! It's clump-free and makes me feel instantly glamorous."
—Megan Connolly, 26, Ardmore, Pa.

Stylist: Maggie Mann
Model: Anna
Rubin. Eyes look at
Walter. Dress hair
Mia for Tom Howard
Management, Ardmore.
Chris Ardoff for Art
Department, Ardmore.
Tanya Miller for
ardoff@ardoff.com



"MAC's Lipglass is mega-shiny without any of the stickiness. I keep three in my purse at all times!"
—Whitney Johnson, 24, Nashville

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A RITMO DE ROCK
Cantantes coloridos como Katy Perry, Estelle, Young Jeezy y Missy Elliott, se unen a deportistas de la talla de David Beckham y Kevin Garnett. Como parte de la nueva campaña deportiva se presenta **LA DIVERSION EN TODA SU EXPRESIÓN**. Ya no tienes que esconderte al lado más deportivo. Chaqueta técnica Originals Flipack de colores Originals.



DE ALTA TECNOLOGÍA

A partir de los años 60 comenzó el resurgido de los materiales sintéticos, la revolución de las texturas y los colores y las formas. **YA NO EXISTEN LÍMITES** Chaqueta y reloj digital, ambos de adidas Originals. En esta campaña: realización y estilismo, Sarah Gore-Rivers; modelo, Lydia Hearst; maquillaje, Christopher Ardoff; Dermalógica para Art Department, asistente de moda, Anna Campbell y Claudia Telemas.



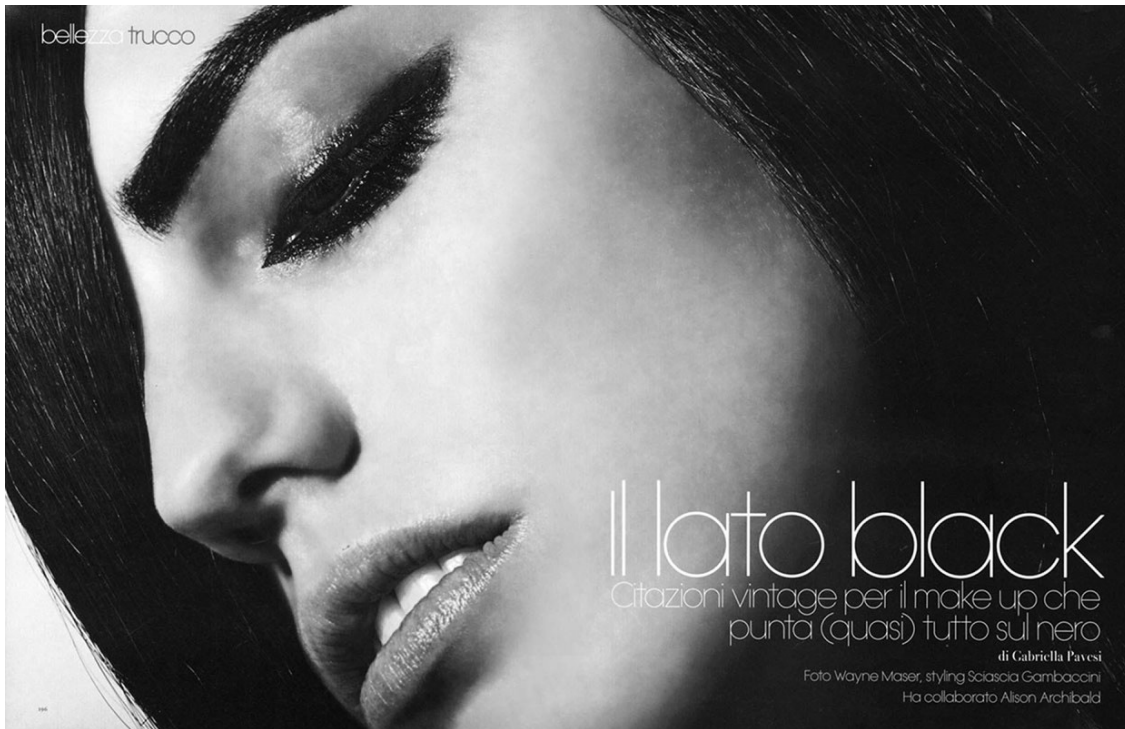
LA FUERZA DEL COLOR

Cada personalidad es diferente y eso lo sabe adidas Originals. Solo te falta tu propia música y estás lista para esta nueva aventura. Diviértete y adiverte con el juego de múltiples tonalidades eléctricas desde la **ESTRELLA ERES TÚ**. La marca también fusiona los aspectos técnicos de la ropa deportiva con el diseño contemporáneo. Chaqueta TV Down de adidas Originals by Originals Jeremy Scott; cinturón ancho de adidas Originals.

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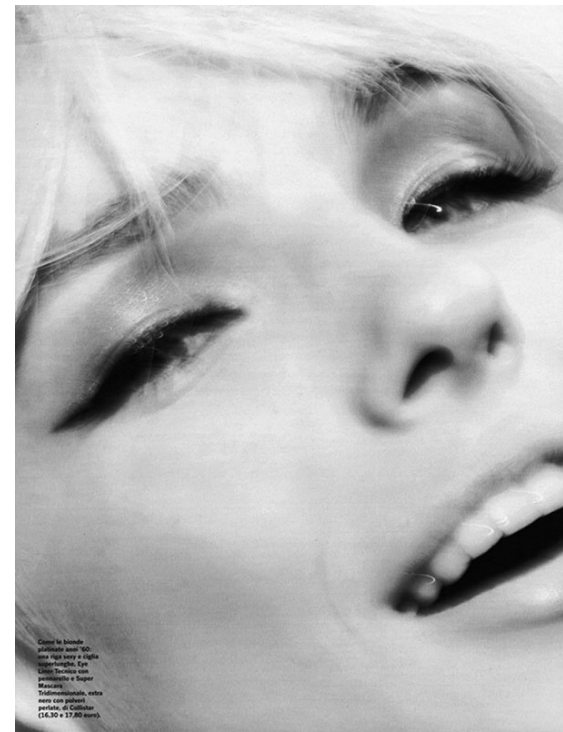
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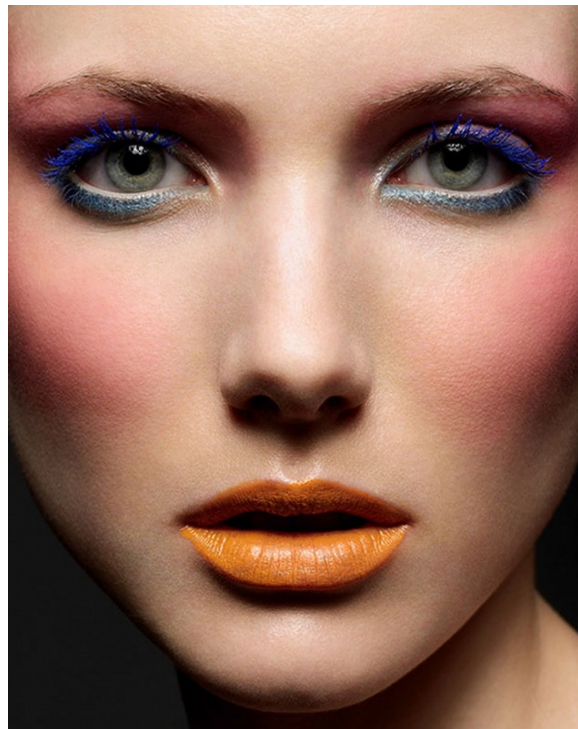
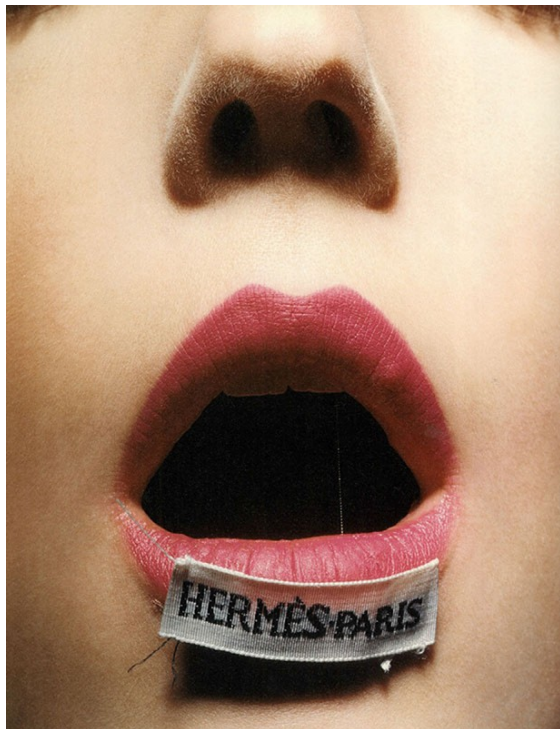
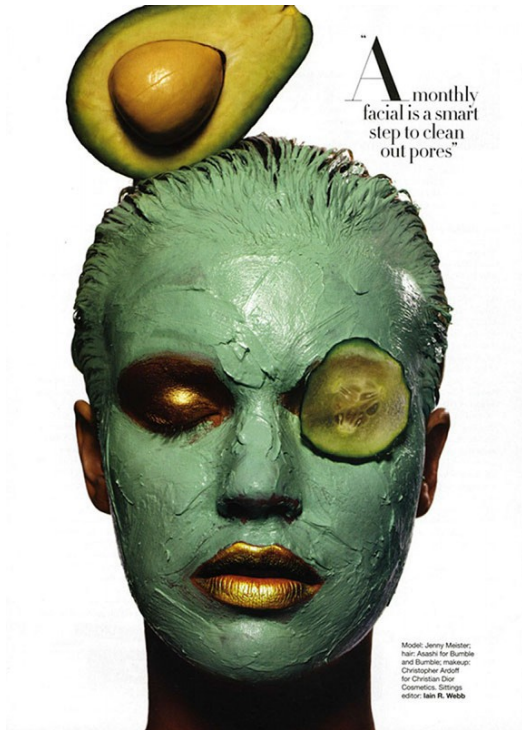
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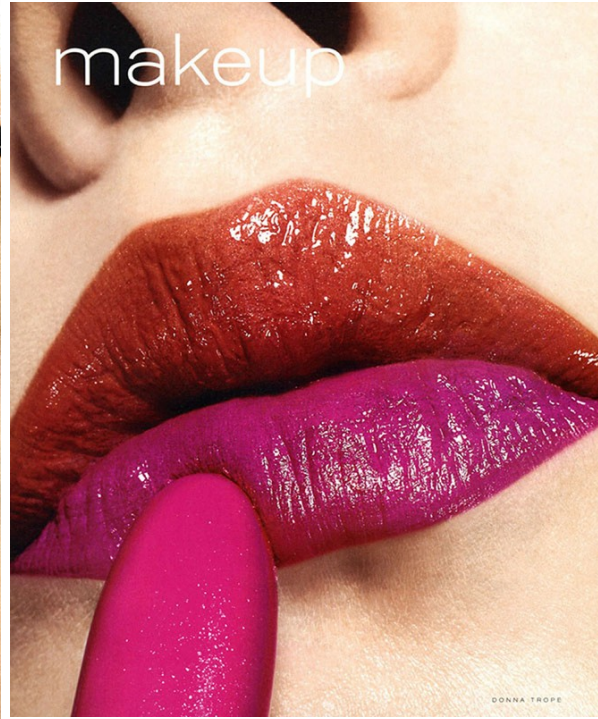
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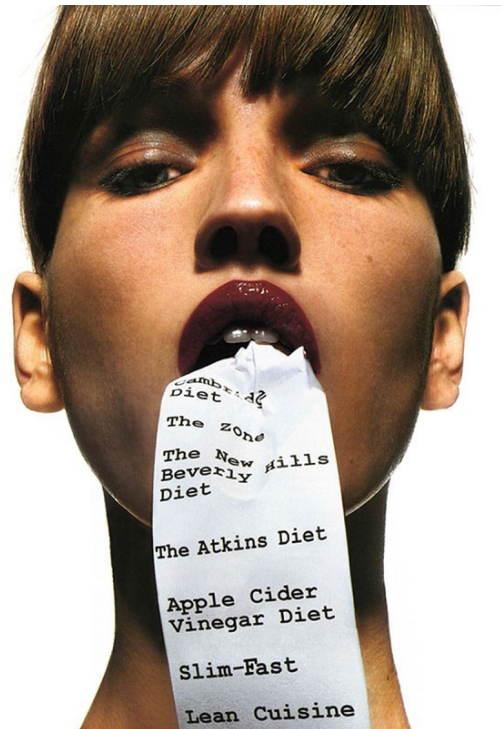
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